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The first part of the report is a general statement of the purpose and scope of the study. It is followed by a description of the methods used in the investigation. The results of the study are then presented in a series of tables and figures. The final part of the report is a discussion of the results and a conclusion.

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HOMEMAKERS' CHAT

Friday, June 17, 1938.

(FOR BROADCAST USE ONLY)

Subject: "JELLY MAKING TIPS". Information from the Bureau of Home Economics, United States Department of Agriculture.

--ooOoo--

It's jelly making time again! Mornings are cool and the days are warm. And the good jelly fruits are ripening--one after another.

Jelly making time! I don't know how those words affect you. But they bring back many pleasant memories to me. They make me think of mornings spent with the neighbor's children picking currants and collecting chigger bites. They remind me of other times when we picked blackberries, then came in with telltale stains all over our mouths. Or of gooseberry picking--that was a regular adventure. Sometimes we took our lunch along. And sometimes Mother went with us to make sure that we didn't overlook any of the bushes that grow in out-of-the-way places all over the farm.

Then, jelly making meant just one thing to me--getting the raw material. For after we children did all the hard work of picking the berries, it seemed a simple matter for Mother to make the jelly.

Now, I know better of course. For I realize that jelly making is one of the most exacting kinds of cooking. You have to follow the rules carefully to make good jelly. And you have to temper these rules with a lot of care and judgment--because fruits vary so much--from season to season--even from batch to batch.

Today, I have some suggestions for you on jelly making. These practical tips come from jelly making experts in the Department of Agriculture--women who have made hundreds of different jellies in the past years. They've made these jellies under just the same kinds of conditions--used the same sort of equipment--that you have in your own home kitchen.

When you make jelly, consider the fruit first, these experts say. If you get a fruit that's naturally suited to making jelly, you're two jumps ahead at the start. A good jelly fruit has good flavor. And it's high in acid and pectin. Both of these are necessary to make the juice "jell" when you add sugar and boil the mixture.

For pectin and acid, it is best to use fruit that is slightly under-ripe. But for flavor, it's better to have fully ripe fruit. So in order to get a jelly that has both enough pectin and acid and a good flavor, the experts advise a compromise. Combine some underripe fruit with some that is fully ripe.

Nature has provided quite a number of fruits that have these three essentials for good jelly--good flavor--acid--and pectin. Currants probably are

best on all three counts. Berries that are coming into season now are also among the topnotchers--the gooseberries, blackberries, and raspberries. A little later we'll have crabapples to help fill the jelly cupboard. Then there'll be wild grapes--and the deep blue Concord. Wild plums make especially good jelly. So do quinces. Then on through the winter there will be cranberries and tart apples to give you material to replenish your jelly supply.

In turning all these fruits into jelly the most important general rule of all is this--"Reduce cooking time to the minimum". Experiments have shown time and time again that this is necessary if you want to have a perfect tender jelly--one that has the characteristic taste of the fruit from which you made it.

If you cook fruit juices for long periods of time you reduce the jellying power of the pectin. You destroy some of the fine flavor of the fruit. And in many cases you spoil the color of the jelly.

One way to keep the cooking time short is to use a minimum of water when you boil the fruit. You'll have to use enough water to get the fruit tender--so the pectin will come out when you extract the juice from the fruit. But use no more than that. For you'll just have to boil away the excess water. And of course that'll make the cooking take longer.

Another way to reduce the cooking time is to use a large, flat-bottomed pan to boil the fruit and to cook down the juice. In a pan like this the water evaporates more quickly and the cooking goes along faster for that reason.

A third way to cut down on cooking time is to combine the sugar with the fruit juice before you put them on the stove to cook. The old way was to concentrate the juice first by cooking, then to add the sugar. But the modern way--combining sugar and juice, then cooking--does two things. First, as I've said, it reduces the cooking time. And second, the sugar in the juice helps to prevent the destruction of the pectin when you heat it.

Another way to keep the cooking time short is to cook jelly in small batches. About 8 cups of juice is the most that the experts advise cooking at one time. That makes a dozen to 15 glasses of jelly.

There are many other pointers these jelly making experts have worked out. They have suggestions for preparing fruit--for choosing equipment. They have worked out helpful tables for adding water to fruits for extracting juice. In fact, they have pretty well analyzed the jelly making situation.

I don't have time to tell you all about these other points today. But if you would like a complete guidebook to jelly making, all these points are included in a free bulletin just out. The name of this bulletin is "Home-made Jellies, Jams, and Preserves". You may get it by writing to the United States Department of Agriculture and asking for Farmers' Bulletin 1800, "Home-made Jellies, Jams, and Preserves".

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